

Full Report (All Nutrients) 01218, Yogurt, fruit variety, nonfat, fortified with vitamin D

Report Date: December 09, 2015 13:34 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (4.4 oz) 125g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g
Proximates								
Water	g	75.40	--	--	128.18	94.25	184.73	171.16
Energy	kcal	95	--	--	162	119	233	216
Energy	kJ	399	--	--	678	499	978	906
Protein	g	4.40	--	--	7.48	5.50	10.78	9.99
Total lipid (fat)	g	0.20	--	--	0.34	0.25	0.49	0.45
Ash	g	1.00	--	--	1.70	1.25	2.45	2.27
Carbohydrate, by difference	g	19.00	--	--	32.30	23.75	46.55	43.13
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	19.00	--	--	32.30	23.75	46.55	43.13
Minerals								
Calcium, Ca	mg	152	--	--	258	190	372	345
Iron, Fe	mg	0.07	--	--	0.12	0.09	0.17	0.16
Magnesium, Mg	mg	15	--	--	26	19	37	34
Phosphorus, P	mg	119	--	--	202	149	292	270
Potassium, K	mg	194	--	--	330	242	475	440
Sodium, Na	mg	58	--	--	99	72	142	132
Zinc, Zn	mg	0.74	--	--	1.26	0.92	1.81	1.68
Copper, Cu	mg	0.011	--	--	0.019	0.014	0.027	0.025
Manganese, Mn	mg	0.035	--	--	0.060	0.044	0.086	0.079
Selenium, Se	µg	6.0	--	--	10.2	7.5	14.7	13.6
Vitamins								
Vitamin C, total ascorbic acid	mg	0.7	--	--	1.2	0.9	1.7	1.6
Thiamin	mg	0.040	--	--	0.068	0.050	0.098	0.091
Riboflavin	mg	0.180	--	--	0.306	0.225	0.441	0.409

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Niacin	mg	0.100	--	--	0.170	0.125	0.245	0.227
Vitamin B-6	mg	0.040	--	--	0.068	0.050	0.098	0.091
Folate, total	µg	9	--	--	15	11	22	20
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	9	--	--	15	11	22	20
Folate, DFE	µg	9	--	--	15	11	22	20
Choline, total	mg	16.4	--	--	27.9	20.5	40.2	37.2
Betaine	mg	0.7	1	--	1.2	0.9	1.7	1.6
Vitamin B-12	µg	0.47	--	--	0.80	0.59	1.15	1.07
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	--	--	3	2	5	5
Retinol	µg	2	--	--	3	2	5	5
Carotene, beta	µg	4	--	--	7	5	10	9
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	12	--	--	20	15	29	27
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	8	--	--	14	10	20	18
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.10	0.08	0.15	0.14
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.3	45	--	2.2	1.6	3.2	3.0
Vitamin D3 (cholecalciferol)	µg	1.3	45	0.016	2.2	1.6	3.2	3.0
Vitamin D	IU	52	45	0.622	88	65	127	118
Vitamin K (phylloquinone)	µg	1.1	--	--	1.9	1.4	2.7	2.5
Lipids								
Fatty acids, total saturated	g	0.119	--	--	0.202	0.149	0.292	0.270
4:0	g	0.009	--	--	0.015	0.011	0.022	0.020
6:0	g	0.001	--	--	0.002	0.001	0.002	0.002
8:0	g	0.002	--	--	0.003	0.002	0.005	0.005
10:0	g	0.004	--	--	0.007	0.005	0.010	0.009
12:0	g	0.003	--	--	0.005	0.004	0.007	0.007
14:0	g	0.017	--	--	0.029	0.021	0.042	0.039
16:0	g	0.055	--	--	0.094	0.069	0.135	0.125

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18:0	g	0.019	--	--	0.032	0.024	0.047	0.043
Fatty acids, total monounsaturated	g	0.050	--	--	0.085	0.062	0.122	0.114
16:1 undifferentiated	g	0.007	--	--	0.012	0.009	0.017	0.016
18:1 undifferentiated	g	0.041	--	--	0.070	0.051	0.100	0.093
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.016	--	--	0.027	0.020	0.039	0.036
18:2 undifferentiated	g	0.010	--	--	0.017	0.012	0.024	0.023
18:3 undifferentiated	g	0.006	--	--	0.010	0.008	0.015	0.014
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	2	--	--	3	2	5	5
Amino Acids								
Tryptophan	g	0.028	--	--	0.048	0.035	0.069	0.064
Threonine	g	0.202	--	--	0.343	0.252	0.495	0.459
Isoleucine	g	0.269	--	--	0.457	0.336	0.659	0.611
Leucine	g	0.496	--	--	0.843	0.620	1.215	1.126
Lysine	g	0.439	--	--	0.746	0.549	1.076	0.997
Methionine	g	0.145	--	--	0.246	0.181	0.355	0.329
Cystine	g	0.045	--	--	0.076	0.056	0.110	0.102
Phenylalanine	g	0.270	--	--	0.459	0.338	0.662	0.613
Tyrosine	g	0.247	--	--	0.420	0.309	0.605	0.561
Valine	g	0.407	--	--	0.692	0.509	0.997	0.924
Arginine	g	0.151	--	--	0.257	0.189	0.370	0.343
Histidine	g	0.122	--	--	0.207	0.152	0.299	0.277
Alanine	g	0.212	--	--	0.360	0.265	0.519	0.481
Aspartic acid	g	0.394	--	--	0.670	0.492	0.965	0.894
Glutamic acid	g	0.966	--	--	1.642	1.208	2.367	2.193
Glycine	g	0.121	--	--	0.206	0.151	0.296	0.275
Proline	g	0.581	--	--	0.988	0.726	1.423	1.319

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Serine	g	0.305	--	--	0.518	0.381	0.747	0.692
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0